



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09144, Jackfruit, raw ^a

Report Date: June 30, 2017 11:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	73.46	2	--	70.02	76.9	1.0	--	--	1	Analytical or derived from analytical	--	08/2010
Energy	kcal	95	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	397	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein ¹	g	1.72	2	--	1	2.44	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Total lipid (fat) ¹	g	0.64	2	--	0.5	0.77	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Ash ¹	g	0.94	2	--	0.8	1.08	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Carbohydrate, by difference	g	23.25	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary ¹	g	1.5	2	--	0.9	2	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Sugars, total ¹	g	19.08	2	--	16.61	21.54	1.0	--	--	1	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.42	2	--	0.07	0.76	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Glucose (dextrose) 1	g	9.48	2	--	8.35	10.6	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Fructose 1	g	9.19	2	--	8.19	10.18	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Lactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2010
Maltose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2010
Galactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2010
Starch 1	g	1.47	2	--	0.74	2.2	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Minerals													
Calcium, Ca 1	mg	24	2	--	19	29	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Iron, Fe 1	mg	0.23	2	--	0.15	0.31	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Magnesium, Mg 1	mg	29	2	--	18	40	1.0	--	--	1	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1	mg	21	2	--	17	26	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Potassium, K 1	mg	448	2	--	347	548	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Sodium, Na 1	mg	2	2	--	2	2	--	--	--	1	Analytical or derived from analytical	--	01/2010
Zinc, Zn 1	mg	0.13	2	--	0.09	0.17	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Copper, Cu 1	mg	0.076	2	--	0.06	0.09	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Manganese, Mn 1	mg	0.043	2	--	0.03	0.05	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Vitamins													
Vitamin C, total ascorbic acid 1	mg	13.7	2	--	13.4	14	1.0	--	--	1	Analytical or derived from analytical	--	08/2010
Thiamin 1	mg	0.105	2	--	0.08	0.13	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Riboflavin 1	mg	0.055	2	--	0.04	0.07	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Niacin 1	mg	0.920	2	--	0.69	1.15	1.0	--	--	1	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.235	2	--	0.2	0.27	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Vitamin B-6 ¹	mg	0.329	2	--	0.23	0.43	1.0	--	--	1	Analytical or derived from analytical	--	01/2010
Folate, total ^{1 b}	μg	24	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food ¹	μg	24	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Folate, DFE	μg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE ¹	μg	5	2	--	3	8	1.0	--	--	1	Analytical or derived from analytical	--	08/2010
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ¹	μg	61	2	--	37	84	1.0	--	--	1	Analytical or derived from analytical	--	08/2010
Carotene, alpha ¹	μg	6	2	--	0	12	1.0	--	--	1	Analytical or derived from analytical	--	08/2010
Cryptoxanthin, beta ¹	μg	5	2	--	0	9	1.0	--	--	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU 1	IU	110	2	--	61	158	1.0	--	--	1	Analytical or derived from analytical	--	08/2010
Lycopene 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Lutein + zeaxanthin 1	µg	157	2	--	42	273	1.0	--	--	1	Analytical or derived from analytical	--	08/2010
Vitamin E (alpha-tocopherol) 1	mg	0.34	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tocopherol, beta 1	mg	0.03	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tocopherol, gamma 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tocopherol, delta 1	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Lipids													
Fatty acids, total saturated	g	0.195	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
6:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 1	g	0.028	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
12:0 1	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
14:0 1	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
15:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
16:0 1	g	0.131	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
17:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:0 1	g	0.011	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
20:0 1	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
22:0 1	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
24:0 1	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.155	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:1 ¹	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
15:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
16:1 undifferentiated ¹	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
16:1 c ¹	g	0.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
16:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
18:1 undifferentiated ¹	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:1 c ¹	g	0.127	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
22:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
22:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
24:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Fatty acids, total polyunsaturated	g	0.094	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated ¹	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:2 n-6 c,c ¹	g	0.015	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:2 CLAs ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
18:2 t not further defined ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated ¹	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.079	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 n-6 c,c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
18:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
20:2 n-6 c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
20:3 n-6 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
20:4 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
20:5 n-3 (EPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
22:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
22:6 n-3 (DHA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2010
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan ¹	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Threonine ¹	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Isoleucine ¹	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Leucine ¹	g	0.103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Lysine ¹	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Methionine ¹	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine 1	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Phenylalanine 1	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Tyrosine 1	g	0.103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Valine 1	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Arginine 1	g	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Histidine 1	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Alanine 1	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Aspartic acid 1	g	0.172	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Glutamic acid 1	g	0.189	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Glycine 1	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline ¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Serine ¹	g	0.103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1988

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12i, 2008 Beltsville MD

Footnotes

^a Values based on analysis of cultivars grown in Florida.

^b Folate value based on the analysis of 5-methyltetrahydrofolate